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a main body connected to the handle and arranged to extend lengthwise from the second end thereof, the main body being formed to have a cavity therein that has an open end and a closed end such that the cavity has a side wall and a bottom, the cavity being formed to receive a weight therein; and

a first plurality of ribs extending from the side wall toward a central region of the cavity such that the first plurality of ribs have inner edge portions that form a receptacle for retaining the weight in a selected position in the cavity.

Claim 7 (new): The exercise club of claim 6 further comprising a second plurality of ribs extending from the bottom of the cavity a selected distance toward the open end.

Claim 8 (new): The exercise club of claim 6 wherein the main body comprises:

a hollow generally frustoconical section having a smaller diameter end connected to the handle and forming the bottom of the cavity and the generally frustoconical section having a larger diameter end extending away from the handle; and

a hollow generally cylindrical section extending from the larger diameter end of the generally frustoconical section, the first plurality of ribs being formed to extend from near the open end to the second plurality of ribs, the first plurality of ribs being arranged to snugly fit with the weight.

Claim 9 (new): The exercise club of claim 8 further comprising an end cap arranged for attachment to the open end to retain the weight within the cavity, the end cap including a recess therein, the weight being formed to have a length such that it extends from the bottom of the cavity into the recess in the end cap.

Claim 10 (new): The exercise club of claim 6 wherein the weight comprises a plurality of elongate concentric cylinders.